



Opting Out: Leaving Abuse, Living Love

Mrs. Lori Mayo

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Growing up in a family with blurred boundaries and irregular rules was a normal way of life for many. There were “Golden Children”, “Scapegoats”, “The Odd One”, “The Successful One” and many other labels all heaped into one big dysfunctional family unit. It was all “normal” and acceptable behavior. Opting Out is a way to leave family dysfunction, as you focus on healing. The intended purpose of this book is to produce thought-provoking awareness using short statements for inspiration, encouragement, meditation, or in any way that will assist on your journey of healing.

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